

Red Carpet Rollout

This week Whiteman welcomes Chaplain (Maj. Gen.) Charles Baldwin, Air Force Chief of Chaplain.

News in brief

AF names officer promotees

The Air Force released the captain, major, and lieutenant colonel select lists. The captain promotees are: **1st Lts. Jesse Benevich**, 509th Logistics Readiness Squadron; **William Frost** and **Russell Massey**, 509th CES; **Kenneth Myers**, 509th Munitions Squadron; **Jonathan Sappington**, 509th Operations Support Squadron; and **Chad Watchorn**, 509th LRS. The major promotees are: **Cpts. Mary Friedlander** and **Michael Goodhope**, 509th Medical Operations Squadron; and **Pagerine Jackson**, 509th Medical Support Squadron. The lieutenant colonel select is **Maj. Trent Payne**, 509th MDOS.

Guam tour lengths change

The assistant secretary of defense approved a tour length change to Guam. Beginning Jan. 1, 2006, accompanied tours will change from 24 to 36 months, and unaccompanied tours will go from 15 to 24 months. This makes an assignment to the island a long tour versus a short tour.

Airmen who report to Guam before Dec. 31 will continue to receive short tour credit. Those reporting on or after Jan. 1 will serve the long tour and subsequently receive long-tour credit. Airmen can contact their military personnel flight for more information.

Blood drive set

An American Red Cross blood drive takes place 11 a.m.-6 p.m. today at the community center. The event is sponsored by the Whiteman Officers' Spouses' Club. Donors get a T-shirt and a free pizza certificate. Donors are encouraged to schedule a Fast Pass Appointment at <http://www.givelife.org>. For more details, e-mail Michelle Hunt at kevinandmichelle@charter.net.

CPTS closes temporarily

The 509th Comptroller Squadron closes at 2:45 p.m. today for an office function. The 509th CPTS will re-open for regular business at 8:30 a.m. Monday. For emergencies, call 660-525-4283.

BCC luncheon scheduled

The next Base Community Council luncheon begins at noon Feb. 3 at Mission's End. Jefferson City, Mo., and Knob Noster are the featured communities. The menu is quiche with fruit garnish and juice. The cost is \$8.50.

Those interested in attending must R.S.V.P. by noon, Jan. 31. No late R.S.V.P.s will be accepted. To R.S.V.P. or for more details, call 2nd Lt. Mary Olsen at 687-6121.



Photo by Staff Sgt. Tia Schroeder

Deployment manager Master Sgt. Jon Summerbell conducts a mobility records review for Tech. Sgt. Richard Morenz' deployment to an undisclosed location in Southwest Asia during the aggregation phase here Jan. 3. They are members of the 509th Communications Squadron.

Deployment process changes

Improvements increase predictability, efficiency and stability

By Senior Airman Shawn Clements
U.S. Central Command Air Forces-Forward
Public Affairs

SOUTHWEST ASIA (AFPN) — Airmen deploying to the U.S. Central Command theater in the past knew where they were going to land when boarding Air Mobility Command rotator flights in the United States, but what most of them did not know was exactly how they were going to be routed to their final destination.

Recently, AMC officials briefly froze the rotator system to implement several new processes to increase predictability, efficiency and stability in travel to and from the area. While frozen, the system was temporarily unavailable for travel booking but did not cause anybody to miss needed flights.

The old process did not provide travelers advanced booking from the main transit hub in theater to their final destinations. Airmen reaching the hub were

essentially responsible for working with travel planners there to book their own intratheater travel. Since the planners also had limited visibility on Airmen flowing into theater, Airmen often spent days at the hub awaiting transportation.

Additional time en route delayed arrivals at final destinations and in turn held homeward-bound Airmen in place longer. To allow for unpredictable travel time, officials at home station began sending people sooner to ensure they arrived on time.

The resulting backlog of people at the hub stressed support services there and created frustration for individual Airmen. Travel time does not "count" toward a person's 120-day deployment clock that begins when he or she arrives at the deployed location.

To improve the transportation system for the current rotation, planners made major changes to ensure deployments flow well.

The first step was changing the process

so transportation schedulers, rather than individual Airmen, are responsible for requesting the most efficient travel arrangements. Similar to booking travel in the civilian world, logistics planners are working toward a "single ticket" system where each Airman will be given full travel routing before he or she departs from home station.

The second step was providing schedulers better visibility on each person moving through the system. To do that required a major change in airlift scheduling processes. Each airman is assigned against an individual unit line number that can be assigned to a specific airframe.

Now, many Airmen will know their full travel plans before leaving home stations. They will be met in an upgraded passenger terminal at the transit hub where they will be provided with their follow-on travel arrangements.

"The main goal of this new plan is to

Commander's Corner

By Col. Chris Miller
509th Bomb Wing Commander

CONGRATULATIONS! The 509th Bomb Wing earned Air Combat Command Nuclear Surety and Flight Safety Awards for 2004. These are two critical areas of our mission — they're important every day and they're closely evaluated at every opportunity. To win in both categories is outstanding — it says you're being superb stewards of America's resources! Thank you for your attention to detail and excellence in all you do — it matters.

ANOTHER WAY TO SERVE. The Whiteman community has an outstanding history of supporting our local American Red Cross blood drives. The Red Cross donation team is at the community center today. You may never know how many lives you touch by giving this gift of life — but you surely help when you give, so please take time to roll up your sleeves! Thanks to the Whiteman Officers' Spouses' Club for sponsoring this event.

DEPLOYMENT DEBT. Some Airmen are finding a new hazard during their deployments: overspending. Our friends at the Army and Air Force Exchange Service

do a fantastic job of bringing a little slice of home to the stores they open at our many overseas locations, but unfortunately, temporary duty pay doesn't go quite as far as some people expect. If you're overspent, call our family support center staff — they can help you find a way out of the hole. Don't tarnish your service to your country with unpaid debt. For those of you preparing to deploy, or who have a loved one overseas, remember: credit cards are great servants but dangerous masters ... the bill will always come due!

COMMUNITY SUPPORT. Our central Missouri neighbors truly appreciate what you do. I hear great things about you all the time at various events off base. One thing that makes our neighbors stand out is how much they do to show their gratitude. Since I've been here, we've had a family day in Warrensburg, and a number of "military appreciation day" sporting events at the University of Missouri, Central Missouri State University and State Fair Community College. CMSU will offer yet another such basketball game Feb. 12. These events are a chance for free family fun, and for our neighbors to recognize you for the important work you do. I encourage



Photo by Senior Airman Joe Lacdan

The Army and Air Force Exchange Service is collecting outstanding debts from service members. Wing members returning from deployments or temporary duty assignments are reminded to pay off any debts owed to AAFES.

each of you to take advantage of them. I thank our local leaders for being so supportive of those of us in uniform.

THANKS FOR MAKING OUR WING THE SOUND OF FREEDOM! Our wing launched two B-2s to fly over the Inaugural celebration Wednesday — only low clouds in Washington kept our jet from

honoring another major event in America's democratic history. 509ers worked hard to make this happen — like bomber units throughout our Air Force's history, we're on target when we're given a mission. Your efforts are appreciated by me, by ACC's leadership and by all who come to know the 509th. Well done.

Sometimes, one makes the 'diffxrncx'



Photo by Senior Airman Joe Lacdan

Col. Connie Davis, 509th Mission Support Group commander (top right), and fellow 509th MSG members watch Carol Ann Sliwka use a typewriter.

By Col. Connie Davis
509th Mission Support Group Commander

Happy New Year, 509ers, and all those lucky enough to live and work here! I hope you had a peaceful, relaxing Christmas season and are ready to take on all the blessings and challenges that 2005 will bring. My first challenge, — er, blessing, — is to write this article and come up with something creative.

Ever notice that the beginning of a new year is a great time for reflection? Like most people, I sometimes wonder why I'm here on Earth and what I'm contributing. I spend time thinking about the mistakes I've made over the years, the things I regret and wish I could "do-over," un retrievable comments, and actions that can't be erased.

All worthy introspection includes the good as well as the bad, so I also think of an Airman or two helped along the way, a country served, family and friends loved and respected. But still, what difference do I make in this world? If I wasn't here, would anybody notice? Besides my two cats, of course, that would rapidly start a fearsome yowling when their food bowl didn't get refilled.

For those of you who took Psychology 101, you may remember psychology theorist Abraham Maslow's hierarchy of

needs. It had five tiers — from basic physiological needs to full self-actualization. I've been lucky enough throughout my life to hover around levels three and four. I've got a handle on getting food and shelter, and I stay out of danger ... if you don't count driving off-road in the Tahoe with my trusty deputy commander. I'm loved and accepted, I'm relatively competent and have achieved a certain amount of professional success.

Once the first four steps of the hierarchy are met, according to Maslow, a person can move into self-actualization. I'm not sure what self-actualization means exactly since I've never achieved it, but I'm thinking it has a lot to do with minimum stress, understanding the big picture and chocolate.

On the days when I'm in the low-esteem tier and I start wondering about my purpose in life, I dig out the story about the typewriter key. For those of you under 30, that would be the keyboard key. The tale goes like this:

THX KXY (March 1971)

Xvxn though our typxwritxr is an old modxl it works quitx wxll xcxpt for onx of thx kxys. It is trux that thxrx arx forty kxys that function wxll xnough, but just onx kxy makxs a diffxrncx.

See *DIFFERENCE*, Page 5

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The deadline for article submissions to the *Whiteman Spirit* is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submission doesn't guarantee publication.

For more information, call the *Whiteman Spirit* office at 687-6133, fax us at 687-7948, e-mail: whiteman.spirit@whiteman.AF.mil or write to us at:

509th BW/PA, 509 Spirit Blvd. Ste. 111
Whiteman AFB, Mo. 65305

Flu vaccine now available at immunizations



Photo by Airman 1st Class Lauren Padden

Staff Sgt. Kenneth Norris, 509th Medical Operations Squadron, administers an influenza shot in the immunizations clinic. Base members are given either the injection or an flu mist to combat the virus.

By Gerry Gilmore

American Forces Press Service

WASHINGTON (AFPN) — As part of national efforts to protect more people against the flu, the Defense Department's top health official authorized the use of military flu vaccine previously held in reserve Jan. 14.

Dr. William Winkenwerder signed a memorandum directing the expanded use of stored flu shot serum for servicemembers and other eligible recipients such as family members and military retirees. This policy change allows the services to use flu shots for non-high risk persons, including active-duty, while continuing their aggressive efforts to get high-risk beneficiaries vaccinated.

The flu is a contagious respiratory illness caused by influenza viruses. About 36,000 Americans die from the flu each year.

DOD now has about 500,000 doses of the vaccine in storage, officials said.

A major vaccine provider to the United States had announced in October that its vaccine was defective. DOD officials then directed that servicemembers being deployed overseas and other eligible recipients at potential high risk

to the flu, including seniors and the very young, receive priority to get flu vaccinations.

Vaccination against the flu remains mandatory "for servicemembers whose command has vaccine available to them," officials said.

Yet, a relatively benign flu season thus far and sparse turnouts for vaccination by those at high risk to the flu seem to have mitigated an expected vaccine shortage.

Many in high-risk groups seem to have chosen not to obtain a flu vaccine this year. "They saw news accounts of long lines and felt it wasn't worth the hassle," a DOD official said. Consequently, DOD "still has a lot of flu vaccine."

DOD will dispense this year's stored flu vaccine rather than letting it go to waste. Flu vaccines are developed to target specific virus strains expected only for that particular season. This year's flu season is expected to peak sometime in February, officials said.

Vaccination against the flu "is the best way to protect yourself and your family from influenza," said Dr. Julie Gerberding, Centers for Disease Control and Prevention director.

Dr. Gerberding said that "late-season vaccination is effective" against the flu. She urged unvaccinated people at risk to try once again to obtain a shot.

Air Force bids Secretary Roche farewell

By Staff Sgt. April Lapetoda

89th Airlift Wing Public Affairs

ANDREWS AIR FORCE BASE, Md. (AFPN) — Airmen, along with servicemembers from more than 14 nations, bid farewell to the 20th Secretary of the Air Force here Wednesday.

Deputy Secretary of Defense Paul Wolfowitz presented Air Force Secretary Dr. James Roche the Department of Defense award for distinguished public service upon his retirement. His wife, Diane, was recognized with the exceptional civilian service award.

Flanked by Airmen with an F/A-22 Rap- tor in the background, Air Force Chief of

staff Gen. John Jumper was the host of the event and spoke on changes the Air Force has seen under the direction of Secretary Roche. He said the secretary's personal touch affected each Airman's life.

"(Secretary Roche will be remembered for) all he has done for them, for our Air Force and for our nation," the general said.

Mr. Wolfowitz presided over the ceremony and hailed the secretary for his "out-of-the-box" thinking, using the Air Force in a new combat role with the Army and for instilling unique improvements in education for enlisted Airmen.

The secretary was appointed in 2001 and has been responsible for the affairs of the Department of the Air Force, including the

organizing, training, equipping, and providing for the welfare of its nearly 370,000 Airmen on active duty, 180,000 Air National Guard and Air Force Reserve Airmen, 160,000 civilians and their families.

Secretary Roche spoke of leadership lessons he learned in his earlier Naval career from Navy Adms. Arliegh Burke and Hyman Rickover in solving complex problems, and how those lessons have stood the test of time. The secretary closed by emotionally reading a verse from the Navy hymn, "Eternal Father, Strong to Save." The alternate verse, which begins, "Lord guard and guide the men who fly," was written by Mary Hamilton in 1915.



Photo by Staff Sgt. Amber Whittington

Air Force Secretary Dr. James Roche speaks during his retirement ceremony Tuesday at Andrews Air Force Base, Md.

715th gets new commander



Photo by Airman 1st Class Lauren Padden

Lt. Col. Glen VanHerck, 715th Weapons Squadron commander, accepts the squadron guidon from Col. John Carter, Air Force Weapons School commandant.

Rank and Name: Lt. Col. Glen VanHerck

Squadron: 715th Weapons Squadron

Date assumed command: Jan. 12

Previous assignment: Chief, Senior Officer Management, headquarters Air Combat Command

Time in service: 17 Years

Commissioning source: Air Force ROTC, University of Missouri-Columbia

Family: Wife, Marilyn; and daughter, Molly

Hobbies: Hunting, golf and flying

Why is the squadron important to the Air Force mission? The 715th WS provides graduates with an advanced education to employ and instruct in their weapons system. Also, graduates support the squadron, group, wing, numbered Air Force, major command and combatant commanders. When the nations calls, weapons officers get called first!

Command philosophy: People first, mission always! Without the people, the mission won't get accomplished.

Goals for new position: Provide the 509th Bomb Wing and Combat Air Forces with the highest caliber B-2 experts and leaders on the planet. The leader's No. 1 job is to produce more leaders!

Scholarship deadline nears

By Adam Austin

Defense Commissary Agency Public Affairs

FORT LEE, Va. (AFPN) — The deadline to apply for \$1,500 scholarships from the Scholarships for Military Children program is Feb. 16, and applications must be delivered to a Defense Commissary Agency store by then.

At least one scholarship will be awarded at every commissary location with qualified applicants, agency officials said. The application is available online at <http://www.militaryscholar.org>, and at commissaries worldwide.

Edna Hoogewind, the agency's liaison to the program, stresses that students should put emphasis on writing the essay that is required to accompany the application.

"In past years, the essay has been a key factor in deciding among the many outstanding applicants," she said. This year's topic is "How has the heightened awareness of terrorism impacted your life?"

Officials advise students who are not personally delivering applications to use a delivery method that supplies a return receipt. People applying online can click on the "Verification of Receipt" section. Scholarship managers will respond to "Verification of Receipt" e-mails until June 15, officials said.

Applicants should check all materials

carefully for simple things like making sure the application is signed and that it's the 2005 application, officials said.

The scholarship program is open to unmarried children younger than 21 (23 if enrolled in school) of active-duty servicemembers, including Coast Guard, Guard and Reserve, and retired military. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the system and have current ID cards, officials said.

Applicants must be planning to attend, or be already attending, an accredited college or university fulltime in the fall term of 2005, or be enrolled in a program of study designed to transfer directly into a four-year program.

Fisher House Foundation, a nonprofit organization best known for building comfort homes near military medical facilities, administers the scholarship program. Scholarship Managers, a professional firm that has handled more than 400 programs, screens applicants and awards scholarships. Neither Fisher House nor the Defense Commissary Agency is involved in the decision process, officials said.

The scholarship program is in its fifth year and has awarded nearly 3,000 scholarships and more than \$3 million since the first scholarship was awarded.

This space is reserved for advertisements

Prayer Breakfast set for Wednesday

By Chaplain (Lt. Col.) Ron Underwood
509th Bomb Wing chaplain

In these trying days when our nation is at war, it's a good for Americans to gather together and seek the face of God in meditation and prayer.

This is exactly what is happening throughout America in the early part of this New Year as many communities and military bases conduct a National Prayer Breakfast. The U.S. Senate initiated the National Prayer Breakfast informally during World War II.

In 1953, President Eisenhower formally established it as an annual national event. Every president, governor and state has recognized this special day since then, including business, industry, educational, civic and military leaders.

The Whiteman AFB National Prayer Breakfast begins at 7 a.m. Wednesday at Mission's End. Chaplain (Maj. Gen.) Charles Baldwin, Air Force chief of chaplains, is the guest speaker. The Knob Noster High School chorus will be presenting special music. The cost is \$5 for a traditional breakfast buffet. Tickets may be purchased from a first sergeant or at the chapel. Some free tickets are available through the first sergeants for staff sergeants and below.

Much in demand as a speaker and preacher, Chaplain Baldwin is a 1969 graduate of the U.S. Air Force Academy. After graduation, he attended undergraduate pilot training and flew the EC-121, an early version of the AWACS aircraft. Later, he flew the HH-53 as a rescue helicopter pilot, serving in Vietnam from May 1972 to April 1973.

He left active duty in 1974 to attend a seminary school and returned to active duty in 1979 as a chaplain. His assignments include base level, U.S. Air Forces Europe headquarters, Chaplain Service Institute commandant, Command Chaplain of U.S. Space and Air Education and Training Commands.

Chaplain Baldwin's awards and decoration include the Legion of Merit with oak leaf cluster, Distinguished Flying Cross with oak leaf cluster, Bronze Star, Meritorious Service Medal with silver oak leaf cluster and Air Medal with three oak leaf clusters.

For more information, call the chapel at 687-3652.



Baldwin

Chapel Corner

Catholic

Eucharist (mass) — 11:30 a.m. Tuesdays through Fridays; 5 p.m. Saturdays; and 9 a.m. Sundays

Reconciliation — After mass and upon request

Religious Education — 10:45 a.m. Sundays at the base education and training center

Protestant

General worship — 11 a.m. Sundays

Gospel — 1 p.m. Sundays

Sunday School — 9:30 a.m. Sundays



Additional worship opportunities are offered through various lay councils, organizations and activities. For more information, call 687-3652.

Straight TALK

Bad weather?
Base crisis?
Squash the rumors!



call the *Straight* TALK Line at
687-NEWS



Photos by Senior Airman Joe Lacdan

4-H collects '4' orphans overseas

Members of the Spirit 4-H, Tara Bartholomew, Rachael Erichsen and Katie Swank, prepare shoe collection boxes during the club meeting Tuesday at the youth center. Club members are sponsoring a shoe drive to send new shoes to orphans in more than 20 countries including Bulgaria, China, Guatemala, Kenya, Latvia, Romania and Russia. People are encouraged to donate warm shoes and boots in adult sizes 3-6. Children's shoe sizes 0-18 are also needed. Shoes can be deposited at drop-off points in the library, the youth center and the community center. Tara's parents are Maj. Bruce and Christine Bartholomew, 509th Logistics Readiness Squadron commander. Rachael's parents are Col. Matthew and Paula Erichsen, 509th Bomb Wing vice commander. Katie's parents are Capt. Mark and Jan Swank, 509th Medical Operations Squadron. Right: Mrs. Bartholomew pins her daughter, Cassie, the new Spirit 4-H club president.



DEPLOYMENT, continued from Page 1

be able to get transient people out to their final deployed location within 12 to 24 hours of landing in theater," said Lt. Col. Robyn Burk, CENTAF deputy chief of logistics.

To aid in this effort, Air Force officials will designate additional stateside deployment departure terminals each rotation. Added to the existing hubs of Baltimore and Atlanta are Hurlburt Field, Fla.; Hill Air Force Base, Utah; Travis AFB, Calif.; Whiteman AFB, Mo.; and Lackland AFB, Texas.

The additional departure locations shorten travel time for passengers in other parts of the United States as well as delays that result when heavy baggage must be shipped separately, officials said. It also provides air mobility division officials in theater better advance notice of requirements for intratheater airlift movements.

This additional movement visibility will also make life better for Airmen flowing through the transit hub, officials said. Officials with the 379th Expeditionary Logistics Readiness Squadron have created a system that accounts for each Airman and more smoothly transitions him or her

onward.

"When transient people get off the rotator, they now come into a reception control center where we tell them everything they need to know," said Maj. Max Massey, 379th ELRS commander.

Passengers should hand carry a uniform and overnight items for their stays at the hub, officials said.

Arriving Airmen will be required to leave their bags in a secured area of the reception center while they await their connections, officials said.

Under the improved system, some Airmen will not be routed through the transit hub. Logistics planners have arranged for several rotator flights to go directly from stateside departure points into final locations.

The new initiatives should make the current rotation smoother for most of the nearly 18,000 affected Airmen, Colonel Burk said.

"The process isn't going to be 100 percent effective in the beginning, but we hope that this will help alleviate the problems," she said. By the next rotation, she said, the system should work even better.

DIFFERENCE, continued from Page 2

Somxtimxs it sxxms our pxoplx arx rathxr likx this typxwritxr—not all thx kxy pxoplx arx working propxrlly.

You may ask yoursxlf, "Wxll, I am only onx pxrson, I won't makx or braxk it," but it doxs makx a diffxrxncx bxcasux a txam rxquirxs thx participaxion of xvry pxrson to bx xffxctivx.

So thx nxxt timx you think you arx only onx pxrson and that your xfforts arx not nxdd, rxmxbxr our typxwritxr.

What a great way to remember how important you are and what a difference you make, to your family, friends, co-workers, base, Air Force, nation — indeed, to your world. Who thinks about a simple little letter and what happens when that letter is missing? And it doesn't matter if you're a vowel or a consonant. You matter, somewhere, somehow, to someone, or to many someones. Even surrounded by other letters, you make a huge difference.

Some days, I see clearly how my

presence makes a difference in the small world I'm fortunate enough to influence — I'm a letter to a lot of people. On the days when my keys seem mixed up, and I'm nowhere close to Maslow's idea of self-actualization, I re-read "The Key" and realize I do make a difference, every day, whether I see it or not. I might influence an individual or an organization, or just those two furry critters I have at home waiting for chow, but I'm making a difference every moment of every day.

Speaking of making a difference, I think I hear howling, better get home and break out the tuna. I hope this new year brings each of you many days filled with self-actualizing moments. Beyond that, I wish you the love and respect of family and friends, much happiness and good health. All the best to you in 2005 and thanks to each of you for making Whiteman a great place to live and work.

Civilians get career fields, counselors

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Every Air Force civilian is now assigned to a specific career field, giving him or her a clear point of contact for career counseling. This marks the first tangible effect of civilian career field management, said Air Force Personnel Center officials here.

Career field management is the civilian equivalent of the military's force development. Both initiatives are aimed at deliberately developing Air Force leaders.

Each civilian position has been assigned to a career field regardless of series, grade or pay plan, and a career field identification has been attached to each position,

said Chrissy Ayers, standard core personnel document library manager. Career counselor contact information and the matrix used to code each position can be viewed online at <http://www.afpc.randolph.af.mil/cp/>.

Positions that do not clearly meet the logic on the matrix will be forwarded to AFPC officials for a career field determination, she said.

"This is a change in how we manage and sustain the civilian force," Ms. Ayers said. "It's part of the ongoing process to bring the civilian and military personnel processes closer together."

For more information, call 210-565-2621 or DSN 665-2621.


Submitting

CIVILIAN

EMPLOYEE

of the

WEEK



Thank you

To nominate a civilian employee, send an e-mail to whiteman.spirit@whiteman.af.mil.

Be sure to include why this person is being nominated.

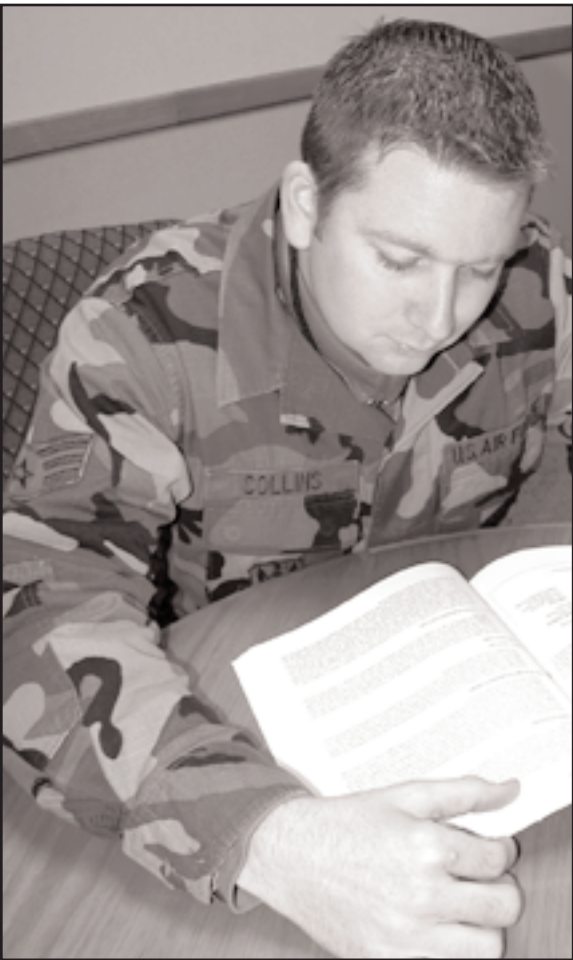


Photo by Senior Airman Joe Lacdan

Senior Airman Jeremy Collins, 325th Bomb Squadron, reviews study material for the staff sergeant test. Success comes from preparation, discipline and making checklists, said Master Sgt. Barney Lopez, 325th BS first sergeant.

1st Sergeant's View

(Editor's note: The 1st Sergeant's View gives Whiteman first sergeants a chance to remind people of correct uniform wear, customs and courtesies, and proper military decorum. Each week, a different first sergeant will share their view.)

By Master Sgt. Barney Lopez

325th Bomb Squadron First Sergeant

One day a staff member from our orderly room told me I needed to sign for my promotion test date. This would be the first of many promotion tests I would take in my career. Some of my peers told me the great thing about your first promotion test is that you don't have to study.

Wow, what a deal!

Why didn't I have to study? The answer was simple: I was told nobody gets promoted their first time. I didn't get promoted, but not because it was my first time testing.

When I received my score sheet I found I missed being promoted by a measly 10 points! To say I wished I would have studied would be an understatement. I missed a grand opportunity to get promoted that year. Don't let anyone tell you that you do not have a shot at being promoted.

Discipline

As with all things in life, if we truly want to succeed we must properly prepare.

How do we prepare? First: You must make a commitment to yourself to achieve this goal. Second: map out a plan and stick to it. Choose a study method that is right for you. Promotion Fitness Examination 36-2241, PFE study guide says to set aside an hour or two each day to study. If possible, use the same time each day. This will help establish a routine and minimize the risk of letting time slip by without studying. You should also have a specific place to study that is free of noise and distractions. Sounds like good advice to me. I used

this simple advice and was able to score well enough to make master sergeant last time around.

Test compromise

Remember that this is a self-study effort. Instruction 36-2605 Air Force Military Personnel Testing System states group study (two or more people) is strictly prohibited. This helps protect the integrity of the promotion and testing program. In addition to group study, there are certain compromising situations you must avoid, including discussing the test or sharing study materials with anyone else.

Don't jeopardize your chance at being promoted. Those who violate this are subject to punishment under Article 92 of the Uniform Code of Military Justice. And that is a bad thing.

Verify

Now that you're ready and chomping at the bit to take this test; there are a few more items you may want to take care of before the day of the test. When you're notified to test and receive your testing paperwork, do what it says. Verify all of your information.

Ensure all medals and enlisted performance reports reflect accurate information. We all know someone who has missed being promoted by less than a point or two. Verifying this information will alleviate a lot of unnecessary stress.

Checklist

I asked the good folks in the promotion and testing section for a few pointers to pass along. They said what hurts people most is showing up to test late and forgetting their ID card. You have gone this far to set yourself up for success; don't let this impede your hard work. Give yourself plenty of time to arrive on time. Make sure you have that ID card in hand ... for both tests. Members have been known to leave their ID card at home or in their car between tests.

I hope this helps in setting yourself up for success. I look forward to shaking yours and many 509ers' hands in congratulations in the future.

Tax table meeting

Tax volunteers and representatives listen to a briefing about their duties and responsibilities, "Whiteman's volunteer participation in comparison to other military VITA sites that I have witnessed has a very high number of returning volunteers," said Gretta Nellis, Internal Revenue Service VITA trainer. "I believe this is due to the consistent leadership from year to year." For the 2005 tax year, Whiteman has 60 volunteers, the highest total in six years.



Photo by Airman 1st Class Ryan Wilson

This space is reserved for advertisements

Associate unit teaches specialized B-2 maintenance



Photo by Airman Jason Burton

Airman 1st Class Robert Quinn, 509th Maintenance Squadron, practices the procedures for disconnecting a detonation transfer assembly line on the Crew Escape Maintenance System Trainer. This trainer is a complete mock-up of the B-2 crew station and is used to train egress mechanics without using a real aircraft.

Story by Melissa Klinkner
Public Affairs

Since the B-2 arrived here, Detachment 6, 372nd Training Squadron has provided aircraft maintenance training and technical support to meet the evolving needs of its customers and the base.

As an associate unit, it's often confused with air crew training or not recognized as a part of the base. However, Det. 6, 372nd TRS has 18 instructors teaching 149 classes and graduating approximately 500 mission-essential students each year.

In the average class, four to five students participate in an intense course consisting of classroom lecture, and hands-on simulator and aircraft training. For example, the 295-hour B-2 aircraft maintenance apprentice class of five students spends approximately 25 percent of their time in lecture, 12 percent on the trainer and 63 percent performing hands-on activities.

"We teach them system operation, component location and servicing procedures as well as aircraft inspections," said Tech. Sgt. Jeff Davis, Det. 6, 372nd TRS crew chief instructor.

The instructors teach 35 different classes to include subjects ranging from T-38 egress maintenance and fuel systems maintenance, to electronic warfare and B-2 low-observable maintenance. Students learn on state-of-the-art trainers and simulators. One of these trainers is the Crew Escape Maintenance System Trainer — a complete mock-up of the B-2 crew station used to train egress mechanics proper explosive safety procedures and maintenance practices without using a real aircraft.

Students also use the Computerized Maintenance Training System as a training aid. The unit has five of these simulators for students to practice course objectives

before the actual hands-on training in the B-2. To practice aircraft fuel systems objectives on the CMTS, students can perform tasks such as avionics initialization, fuel transfer and aerial refueling.

"The CMTS can be used to simulate faults the trainee may see on the flight line," said Tech. Sgt. Ronald Bustillo, Det. 6, 372 TRS B-2 aircraft fuel systems instructor. "Students use the CMTS to troubleshoot and isolate these faults without affecting actual mission-capable aircraft on the flight line."

The wing saves money by using the trainers and simulators. "The trainers free up the actual aircraft for flight training instead of using them for maintenance training. It also reduces wear and tear on the egress system," said Tech. Sgt. Bryan Bardwell, Det. 6, 372nd TRS.

As a geographically separated unit, assigned to the 372nd TRS at Sheppard Air Force Base, Texas, Det. 6 is an active part of Whiteman, helping with base activities, the local community and, at times, have been called on to give technical advice for the aircraft.

By providing the 509th Bomb Wing with highly trained Airmen to maintain the B-2, Det. 6, 372nd TRS contributes in many ways. "Not only are we training the 509th maintainers, we have the capability to conduct training sessions for any immediate training deficiencies," said Sergeant Davis.

The instructors agree that they all get satisfaction from the opportunity to train young Airmen.

Tech. Sgt. Jose Fonseca, Det. 6, 372nd TRS production superintendent, said, "The thing I like most about my job is seeing the expression on people's faces, or their reaction after teaching them new things." (Airman Jason Burton contributed to this story.)



Photo by Airman Jason Burton

Tech. Sgt. Ronald Bustillo, Detachment 6, 372nd Training Squadron, shows Staff Sgt. Mark Kolat how to check the B-2 engine feed system on the Computerized Maintenance Training System while Tech. Sgt. Keith Rogacki looks on. Sergeants Kolat and Rogacki are members of the 509th Maintenance Squadron.



Photo by Melissa Klinkner

Airman Fernando Pantoja, 509th Aircraft Maintenance Squadron, reviews system fundamentals on the fuel management panel. This instrument is used to train students how to select tanks to perform refuels or de-fuels of aircraft.



Photo by Melissa Klinkner

Airman 1st Class Joshua Worley and Airman Ashley Smead listen to Tech. Sgt. Jose Fonseca, Detachment 6, 372nd Training Squadron, discuss technical orders and what type of information can be found in them. The Airmen are from the 509th Maintenance Squadron.



Photo by Melissa Klinkner

Airman 1st Class Lora Teets and Airmen Fernando Pantoja and Travis Wimberly perform aircraft power-on training using a Computerized Maintenance Training System with a touch-screen monitor. The Airmen are 509th Aircraft Maintenance Squadron members.



Photo by Melissa Klinkner

Airman 1st Class Kelvin Lipscomb, 509th Maintenance Squadron, installs an engine component during a propulsion fundamentals course.

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Are you drinking battery acid?

Modern medicine experts consider tooth decay to be one of the most preventable diseases in the world. Unfortunately, one of the most prevalent factors contributing to tooth decay in our younger Airmen is soda sipping. This combination of acid and sugar is double trouble for teeth.

Tooth decay is considered a disease because specific bacteria have been isolated as the main culprits in decay initiation and progression. These particular bacteria use sugar as an energy source and produce acid as a by-product of digestion. The bacteria, including some of the artificial sweeteners found in sugar-free products, can use almost any form of sugar we eat. Cavities are formed over a period of time where acid attacks cause weakening of tooth structure to produce a hole.

A pH scale measures the strength of any acid. The pH scale ranges from one to 14; a pH of seven being neutral and anything below seven being acidic. The strongest acids, like battery acid, have a pH of one. Cavity formation begins at any pH below five as tooth enamel becomes softened at this point. Most soft drinks contain phosphoric acid with a pH range between two and four, almost as strong as battery acid!

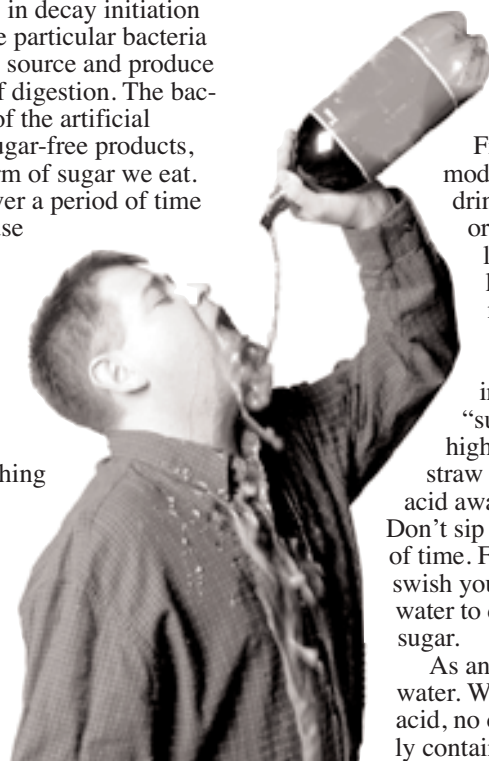
Soft drinks, many sport drinks and fruit

drinks contain both acid and sugar. The acid present in the drink sets the stage to favor cavity formation, and the sugar contributes to acid production as bacteria digest it. Since sippers tend to sip these drinks frequently over and over in the course of a day, the teeth are constantly bathed in acid and the bacteria are continually feasting!

There are several strategies a person can use to reduce the chances of tooth decay.

First, use soft drinks in moderation and try to drink one in 20 minutes or less — that is how long an acid attack lasts before saliva neutralizes the acid. Second, read labels. Regular soda is high in sugar, yet diet or “sugar free” soda is high in acid. Third, use a straw to keep the sugar and acid away from your teeth. Don’t sip for extended periods of time. Finally, after drinking, swish your mouth out with water to dilute the acid and sugar.

As an alternative, drink water. Water has no sugar, no acid, no calories and generally contains fluoride. Practice good oral hygiene to include flossing. Get regular checkups, cleanings, and use a fluoride toothpaste to protect your teeth. *(Courtesy of the 509th Medical*



UNITED STATES AIR FORCE SERVICES PRESENTS

tops in blue

"Musicology"

AT&T

Coca-Cola

Tops in Blue, the Air Force's premiere entertainment showcase, will perform for free at 7 p.m. Feb. 4 at the Mathewson Exhibition Center on the Missouri State Fairgrounds in Sedalia.

Education

For more details, visit the education center Web site at <https://wwwmil.whiteman.af.mil/509mss/educ/home-page.htm>

Apply online for tuition assistance

The Air Force Virtual Education Center expands its service to include online tuition assistance requests. Air Force members at Whiteman preparing to register for college courses requesting tuition assistance are encouraged to apply online using AFVEC. Air Force members can request tuition assistance through AFVEC at <https://afvec.langley.af.mil>. For more details, call Larry Broudrick at base training and educations services at 687-5750.

Community

Awards breakfast set

A quarterly awards breakfast begins at 8 a.m. Thursday at Mission's End. The menu is scrambled eggs, sausage, biscuit, hash browns, coffee, water and juice. The cost is \$7.80 for members and \$9.80 for nonmembers.

WOSC meets Thursday

The Whiteman Officers' Spouses' Club meets at 6:30 p.m. Thursday at Mission's End. Amy Hays, a professional organizer, will be at the meeting. Ms. Hays will offer tips on getting and staying organized, managing schedules and de-cluttering. For a reservation, call Michelle Hunt at 563-4858 or e-mail her at kevinandmichelle@charter.net by noon Monday.

Honor guard member needed

The 509th Bomb Wing needs a volunteer to fill the base honor guard NCO in charge position. Applicants must be a staff or technical sergeant, although staff sergeant selects may apply. This one year position can be filled by NCOs

in any Air Force specialty. Volunteers will need approval from their unit commanders. The selection process will consist of a records review and interview session. To volunteer, or for more details, call Master Sgt. Hugh Palmer at 687-6561 to schedule an interview.

HAWC challenges Team Whiteman

The "Whiteman's Biggest Loser" initial weigh-ins are currently under way at the health and wellness center. The program offers weekly challenges issued during weigh-ins and monthly weigh-ins to measure percent body weight lost. Points will be awarded for challenges and percentage lost. Call 687-7662 for more details.

Family Support

Call 687-7132 for more details on these events or other family support center activities. Events take place at the FSC.

Volunteers needed at two places

The Airman's Attic and the 509th Medical Group Pharmacy need volunteers. To volunteer at either location, call Bob Berger at the family support center at 687-7132. There is paid child care assistance for people who volunteer on base.

Pre-separation briefing set

A pre-separation briefing for people separating from the military begins at 9 a.m. Monday. Representatives from the military personnel flight, family support center, Air Force Reserve and finance will provide information. The MPF separations and retirements office schedules members for this briefing. For more details, call 687-1500 or 687-6720.

WIC representative visits base

A WIC representative is available beginning at 8:30 a.m. Tuesday and Thursday. WIC includes nutrition education, health promotion and a supplemental food program to help women, infants and children who have nutritional

needs. For more details, call the WIC office in Warrensburg at 660-747-2012.

Pre-deployment briefing set

A mandatory pre-deployment briefing for people who are deploying or going on a temporary duty assignment for more than 30 days begins at 1 p.m. Wednesday. Spouses are encouraged to attend. This briefing covers information about preparing for deployment and programs available to family members who are left behind.

Class helps with move

A mandatory stateside smooth move seminar for people planning to move stateside in the near future begins at 1 p.m. Thursday. Facilitators will discuss the financial benefits associated with moving and provide a variety of useful resources. Permanent change-of-station orders are not necessary. Spouses are encouraged to attend. Reservations are required.

Valentine's party set

A special Valentine's party, "Hugs from Home," for families of those deployed or remote begins at 1 p.m. Saturday. Call the FSC for reservations.

Did you know...?

•The Commander's Access Channel programming offers current base information?

•You can tune into Channel 99 on base to view Air Force TV News, current weather and more?

Base members may submit information to:
commanders.channel@whiteman.af.mil

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Kicking on desert sand

509th SFS member shares martial arts skills during deployment

By Master Sgt. Don Perrien

407th Air Expeditionary Group Public Affairs

TALLIL AIR BASE, Iraq — During the day, Airman 1st Class Larry Tolliver wears his brown DCU and helps defend the base as a member of the 407th Expeditionary Security Forces Squadron. However, three nights a week he slips on his black instructor's uniform and helps other Airmen learn to defend themselves as a Kempo karate instructor.

Airman Tolliver has been training in martial arts for 12 years and has participated in tournament competitions for nine years. Since October, he's been conducting classes at the fitness center here on Monday, Wednesday and Friday nights.

After arriving at Tallil Air Base, the 509th Security Forces Squadron member saw an opportunity to help share his talents with other deployed Airmen.

"I started teaching here by accident," he said. "I was training on my own since I got here, and people came up to me with questions about what I was doing, how long I have been teaching and so forth."

"So I started just showing a few people some things here and there, and next thing I know, I'm teaching full time," Airman Tolliver said. "I realized a lot of people here had a desire to learn about the martial arts." While teaching martial arts wasn't exactly what Airman Tolliver had planned for his deployment to Tallil Air Base, the resulting experience has been rewarding.

"I feel honored to have had the opportunity to teach here," he said. "It's really made a difference in morale — not just for me, but for other Airmen as well."

"I have met some of the most talented and dynamic people the Air Force has to offer through teaching the class," he said. "People often ask why I spend so much of my free time teaching."

"The rewards for me are my students learning and changing both mentally and physically," he said. "Their focus, concentration, and the lessons they learn are taken to heart. And for me to have a part in bringing out their best and shining is the reason I like to teach the class."

The students in Airman Tolliver's class feel their experience has made their time here better as well.

"This class has taught me self control and discipline," said Airman 1st Class Marcus Chase, 407th Expeditionary Logistics Readiness Squadron. "These are real skills I can use to make this deployment easier for me."

"When I started the class, I was expecting a lot of yelling, and kicking and hitting — but that's just not the case," Airman Chase said. "I've found this class to really help me with managing my stress. Some people just go out and run or lift weights, now I can

focus on the lessons I've learned from Kempo class and it really helps."

Tallil Air Base's resident Kempo instructor says that learning the martial arts can also help people in their military duties as well.

"People learn to believe that anything they put their mind to, they can achieve in both martial arts or military goals," Airman Tolliver said. "I teach people to defend themselves in such areas as combat zones or in life in general."

"Nothing in life is worth having if you don't have to work for it," he said. "Desire, Perspire, and Acquire are three words to focus on towards achieving goals."

"All of my training has helped me tremendously in my military career, and it can help others too," Airman Tolliver said. "Martial arts builds an 'Indomitable Spirit' within the serious practitioner where they settle for no less than perfection in all they do. It's a great benefit for the development of all military personnel."



Airman 1st Class Larry Tolliver demonstrates a technique to a student in his class.



Photo by Airman 1st Class Jeff Andrejick

Airman 1st Class Larry Tolliver, 509th Security Forces Squadron, teaches Kempo Karate at the Muscle Beach fitness center three nights a week to personnel deployed to Tallil Air Base, Iraq. Airman Tolliver is deployed to the 407th Expeditionary Security Forces Squadron at Tallil.



Bowling Standings



Wednesday Intramural League (Week 16 of 34 current as of Jan. 12)

Team	Wins	Losses
CES A	94	34
AMXS	93	35
OSS	86	42
MDG A	86	42
SFS	73	55
MXS A	68	60
CPTS	68	60
MSS/BW	68	60
SVS	66	62
MXS B	64	64
MUNS	60	68
COMM	41	87
CES B	40	88
MOS	40	88
CES C	38	90
MDG B	33	95

Aerobics Schedule

For more details about these classes, call the fitness center at 687-5496.

Mondays — 12:15 p.m. Turbo Kick, 5:15 p.m. Core Strength and 8 p.m. Cardio Kickbox

Tuesdays — 9 a.m. Pilates, 11:30 a.m. Extreme Fitness, 4:30 p.m. Power Cycle 45 and 6:15 p.m. Kick n' Step

Wednesdays — 12:15 p.m. Bounce & Burn, 5:15 p.m. Core Strength and 6:15 p.m. 3N1 Challenge

Thursday — 9 a.m. Pilates, 11:30 a.m. Extreme Fitness, 4:30 p.m. Power Cycle 45, 6:15 p.m. Kick n' Step and 8 p.m. Cardio Kickbox

Fridays — 12:15 p.m. Turbo Kick and 5:15 p.m. Power step

Sports shorts

Cardiovascular classes meet FIP guidelines

Military members in the Fitness Improvement Program may take a cardiovascular-related class at the fitness center that meet the FIP guidelines including: Power Cycle 45 spinning, Extreme Fitness, Turbo Kick, Kick n' Step, Bounce & Burn, Power Step and Cardio Kickbox. Other classes are also available but are not acceptable under the FIP guidelines. Participants must also complete an Air Form 1975 Fitness Improvement Activity, monitoring their rate and get an instructor's signature weekly. For more details, call the fitness center at 687-5496.

**Get fit, Stay fit
in 2005**



Services Page editor.....Jamie Jennings
509th Services Squadron.....687-6525
*No federal endorsement of mentioned sponsors intended.

Travel & Leisure

Tickets & Travel 687-5643

It's cruise time at tickets & travel. Sato Travel announced the 2005 cruise specials available here.
Stop by the new location inside the skills development center.

Community Activities

Skills Development Center 687-5691

Quilt Square Class

Students can learn to make a quilt square 3-5 p.m. Wednesday. This is a three-session class. The cost is \$15 plus supplies. Students must bring their own sewing machine. Machines are available for rent at outdoor recreation.

Community Center 687-5617

Valentine's to go

People can make Valentine's Day cards for Airmen abroad and submit it to the community center by Thursday to reach the Airmen in time for Valentine's Day.

Luck of the draw cartooning for all

Learn the art of cartoon drawing in a beginners class taught by artist Latisha Banks. The class takes place 3-4 p.m. Saturday. Each participant should bring a sketch pad, No. 2 pencils (colored pencils optional). A movie will be shown after the class.

Colossal Cookie Challenge

Enter your homemade cookies using an original recipe to compete Air Forcewide. Participants must bring one dozen baked cookies to the community center Jan. 29 for judging. Call for details.

Shop till you drop

On Jan. 29, Airmen can travel to Independence, Mo., to the mall and the commons. The \$5 fee includes transportation. A van will depart the community center at 10 a.m. and return by 6 p.m. Sign up by Jan. 28.

Veterinary Clinic 687-2667

Protect pets against fleas and ticks

Pets can get fleas and ticks during the winter. The insects can't live in freezing outdoor weather, but can live quite comfortably in home. Minimize the risk of infestation by keeping your pet on a flea and tick preventative year round. The vet clinic has an assortment of preventatives available. The clinic is open 9 a.m.-3:30 p.m. Mondays, Wednesdays and Fridays; and 8:30-2:30 p.m. Tuesdays and Thursdays.

Schedule an appointment with the vet

Make an appointment for your pet for vaccinations or minor sick calls. A licensed veterinarian is available 9:30 a.m.-1:10 p.m. Monday.

Family Child Care 687-1180

Want a profitable home-based career?

Quality child care for military families is an important concern. Guidelines in Air Force Instruction 34-276, Family Child Care Programs, requires anyone providing in-home child care for 10 hours or more a week on a regular basis to be licensed. If you are currently unlicensed, you must cease care and apply for a family child care license. Call for more details

Youth Center 687-5586

K-4 Boogie nights

Youths can dance the night away 6:30-9:30 p.m. today to various types of music including disco, line dancing, break dancing and sock hop. The cost is \$6 for members and \$7.50 for nonmembers.

Pre-Teen wild & wacky talent night

Youths can join friends 6-9 p.m. Saturday for a talent contest that will find who can make the most irritating noise, silliest face, wildest dancer, fastest cotton ball blower and more. The cost is \$2 for members and \$3 for nonmembers.

Start Smart Registration

Children 3- to 5-years-old can work with a parent to gain skills to prepare them for participation in organized recreational sports. Sign ups are Saturday-Jan. 30. The program takes place 1-2 p.m. Tuesdays and Thursdays beginning Feb. 1. Cost is \$20 per child.

K-4 Fun Night - Pajama party

Youths can wear pajamas 6:30-9:30 p.m. Jan. 29 and take part in activities throughout the evening. Cost is \$6 for members and \$7.50 for nonmembers.

Pre-Teen Sports Night

Preteens can take part in various sports 6-9 p.m. Jan 29. Cost is \$2 for members and \$3 for nonmembers.

Teen Center 687-5819

Smart Girls

Females ages 10-15 can bring a parent or female adult friend 6-8 p.m. Wednesday for an open discussion with a health professional about issues facing adolescents. This event is for females ages 10-15 only. Call for details.

Teen Aviation Camp

Air Force Services, in conjunction with the U.S. Air Force Academy, will conduct the sixth Air Force Teen Aviation Camp June 4-9. The camp is for students who will be sophomores or juniors in the 2005-2006 high school year. Teens who are interested in attending can get an application at the teen center today. Sign up by Feb. 1.

Tye Dye Projects

Teens can bring a pillow case, socks, T-shirt or other items 7 p.m.-midnight Jan. 29 to tye dye. Dye and supplies will be furnished at this free event.

Movie Schedule

Today and Saturday

Flight of the Phoenix 7 p.m. PG-13

Starring — Dennis Quaid & Tyrese Gibson
An action-adventure revolves around the plight of Captain Frank Towns, a pilot whose cargo plane full of oil workers could not withstand the violent winds of a desert sandstorm.

Sunday

Closer 5:30 p.m. R
Starring — Julia Roberts & Jude Law
An uncompromisingly honest look at modern relationships, Closer is the story of four strangers and their chance meetings, instant attractions, and brutal betrayals.

Adults: \$3.50 Children: \$1.75

Movie Recording Line: 687-5110

Movies subject to change
due to availability.

For current and future movie listings log
on to [http://www.aafes.com/ems/
conus/whiteman.htm](http://www.aafes.com/ems/conus/whiteman.htm).

Sports & Recreation

Stars & Strikes 687-5114

Visit the bowling center

A Sweetheart Scotch Doubles tournament begins at 6 p.m. Feb. 14. Cost is \$15 per couple. Prizes will be awarded. Sign up today.

Outdoor Recreation 687-5565

Overtime rock climbing

Open climbing is available 5:30-9 p.m. Jan. 28 for certified climbers. A certification class takes place 6-8 p.m. The course for new climbers will show basic rock climbing skills, encourage teamwork and use of equipment.

Wall Climbing Class

A certification class takes place 9-11 a.m. Jan. 29. The course for new climbers will show basic rock climbing skills, encourage teamwork and use of equipment.

Military appreciation days

Snow Creek Resort in Weston, Mo., offers Military Appreciation Days Wednesdays through Feb. 23. A shuttle to the resort leaves outdoor recreation at 10:15 a.m. Wednesday, Feb. 2 and 16. Transportation costs \$5 per person or \$15 for a family of four. Active-duty military members get a free ski and lift pass; dependents or any other military classification with a valid ID get discounted rates. Bring snacks and lunch, or money to buy from the snack shop. The bus will leave the resort by 7:45 p.m. and return to base by 10 p.m. Call for more details.

Family adventure weekend

Families can take a trip to Duluth, Minn., for a downhill ski adventure weekend. The group leaves base at 7 a.m. Feb. 4 and return at approximately 8 p.m. Feb. 6. The \$75 fee per person includes transportation, lodging, 11 hours of lift/ski rental and two continental breakfasts at the hotel. Sign up by Feb. 1.

Fitness Center 687-5573

Quarterly Incentive Program

The Holiday Rebound Challenge takes place until March 31.
January: Cross-Trainer/Aerobic Bikes/Aerobic Classes
February: Treadmill/SPINNING Class/HAWC Class
March: Treadmill/Cross-Trainer/Aerobic Bikes

Food & Fun

Mission's End 687-4422

Membership Night

Members can take advantage of the week's \$1 special 5-7 p.m. today. Tonight's special is Gasthaus Nacht.

Sunday afternoon brunch

Brunch will be offered noon-2 p.m. Sunday. The menu includes: meat loaf, grilled chicken, rice mashed potatoes, vegetables, scrambled eggs, sausage, hash browns, biscuits and gravy, salad, fruit, desserts and drinks. Brunch is offered for \$10 for people ages 13 and older, \$8 for ages 6-12 and \$2 for ages 5 and younger. Club members and their families receive \$2 off.

ACC \$1 Lunch

The Air Combat Command \$1 lunch takes place 11 a.m.-1 p.m. Jan. 25. The menu includes: salad, roast beef, chicken, mashed potatoes, red beans and rice, vegetables, dessert and drink.